



Netherhall School Core Physical Education

Enrichment Opportunities

The department is committed to extra-curricular activities, ensuring students are offered an extensive and diverse range of activities. There is a well-balanced emphasis placed on both participation and performance, with large numbers regularly attending lunchtime and after-school clubs, as well as representative teams enjoying much success when entering local, regional and national competitions.

During lesson time students are also provided with opportunities for local enrichment.

We also offer a range of trips and visits throughout students' time with us at Netherhall.

Enrichment Opportunities

Extra-curricular clubs	Trips/visits and visitors	Within lessons
Afterschool clubs: <ul style="list-style-type: none"> • Badminton • Cross country • Netball • Rugby • Gymnastics • Football • Trampolining • Tennis • Athletics • Cricket • Table tennis • Rounders • Dance 	Visiting a variety of schools within the district and county to compete in a range of fixtures Watching live sport e.g. Rugby League Grand Final and the cricket Hundred event Local coaches visiting the school to deliver specialist coaching sessions e.g. Lancashire cricket coach National Dance Live competition at Blackpool Ski trip to Italy	Opportunity to use the community centre gym and fitness facilities in KS4 fitness lessons Sixth form students doing community service by volunteering time to act as teaching assistants in KS3 lessons Sixth form students leading parts of KS3 lessons to gain coaching and teaching experience as part of their KS5 courses Cross country lessons involve going off site and running a scenic route through the local community
Lunchtime clubs: <ul style="list-style-type: none"> • Table tennis • Tennis • Football 	Visiting local athletics stadium e.g. Copeland as part of GCSE PE athletics unit	Whole school sports day
SEND opportunities <ul style="list-style-type: none"> • Afterschool multi-skills club • Table top cricket • Boccia • Softball cricket 	Ghyll scrambling and camping trip in the Lake District as part of the KS5 PE course OAA and Go Ape trip as part of the KS4 CNAT course	Tutor time football tournaments led by PE staff and sixth formers
Students can access the community centre gym and fitness facilities for free if they meet attendance and behaviour expectations	KS5 Sports Leaders qualification provides students with opportunities to	

<p>Cumbria School Games event provides opportunities for students that have not participated in extra-curricular throughout the year</p> <p>Students are signposted towards local clubs in the community e.g. Team West netball trials</p>	<p>officiate at fixtures and assist at primary school festivals</p> <p>KS3 Sports Leaders are frequently chosen to assist at a range of primary school festivals e.g. sports hall athletics, inclusive football, gymnastics judging, multi-skills, cross country and many more</p> <p>External Rugby course for staff CPD also offered to sixth form students wanting to pursue a career in teaching or coaching</p> <p>External visitors to discuss careers in sport e.g. Carlisle United</p>	
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